

NUTRITION AND PHYSICAL ACTIVITY PROGRAMS IN NEW JERSEY



COMPILED BY:

Lisa E. Paddock, MPH

University of Medicine and Dentistry of New Jersey
(UMDNJ), School of Public Health

Elisa V. Bandera, MD, PhD

The Cancer Institute of New Jersey
UMDNJ-Robert Wood Johnson Medical School

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Nutrition and Physical Activity Programs in New Jersey

This Resource Guide was initiated in the Summer of 2002 as a NJCCR Summer Fellowship. This effort was intended to be a first step in coordinating nutrition and physical activity programs in NJ. The programs included here are based on the responses to our survey, which was widely distributed, as described below. We would like to continue building this Resource Guide. If we missed your program or you would like to provide an update, please contact us (see page 3).














To add or change information about your program, please complete:

Fax to: E. Bandera 732-235-9888 or

Email: elisa.bandera@umdnj.edu

Program Name:	
Agency:	
Address:	
County:	
Phone:	() -
Focus:	
Services:	(see below)
Age group:	
Funded by:	
Fees/Charges:	
Other info.:	

(use other pages if needed)

✓	Check all that apply:	
	Information/education materials	
	Lectures or seminars	
	Self-help materials	
	Assessment	
	Counseling	
	Formal classes or instruction	
	Healthier food put into vending machines	
	Provide equipment or facilities for fitness	
	Changes in cafeteria food served	
	5-A-Day Program	5
	Tailored for youth	
	Tailored for minority groups	
	Tailored for seniors	
	Tailored for women	

Nutrition and Physical Activity Programs in New Jersey

A diet rich in fruits, vegetables, and whole grains, maintenance of a healthy weight and a physically active lifestyle may protect you from cancer.

The goals of this NJ Nutrition & Physical Activity Program database are:

- to provide baseline information of current activities in New Jersey;
- to identify program gaps and overlaps to issue public health recommendations; and,
- to facilitate dissemination of successful programs available to NJ residents.

Organizations can use this information to address the Nutrition and Physical Activity goals in the NJ Comprehensive Cancer Control Plan and Healthy New Jersey 2010, particularly by targeting high-risk populations.

Healthy New Jersey 2010 Goals Nutrition and Health:

- To increase the percentage of persons aged 18 and over eating at least five daily servings of fruits and vegetables (including legumes) to 35.0%.
- To reduce the percentage of persons aged 18+ & who are overweight but not obese to 27.6%.
- To reduce the percentage of persons aged 18 and over who are obese to 12.0% of all adults.
- Increase the percentage of persons aged 18 and over who participate in frequent, leisure-time physical activity during the past month to 42.5%.

NJ Comprehensive Cancer Control Plan

Nutrition and Physical Activity Goals:

- To promote long-term healthy eating patterns, healthy weight, and physical activity for cancer prevention among New Jersey residents.
- To increase research on effective dietary and physical activity approaches for the prevention of cancer & increasing survivorship of cancer patients.
- To assure proper nutritional care for cancer patients.

Collecting Data

A statewide survey was conducted, between June and October 2002, to identify programs offered to New Jersey residents promoting healthy dietary habits and/or physical activity. Surveys were sent to industries, hospitals, universities, community agencies, state and local government, and private and public organizations in New Jersey. In addition to the detailed information about the nutrition and physical activity programs, organizations were asked to provide contact information for any other nutrition and physical activity resources. All eligible information received by October 28, 2002 was included in this resource guide. We will continue collecting data and future updates will be made to this database. This resource guide will also be posted on the NJDHSS website:
<http://www.state.nj.us/health>.

If you would like to provide information about a new program or make any changes to a listing, please see page 3.